

Pineapple Chicken

POINTS® Value: 4

Servings: 4

Ingredients

- 8 oz Dole Canned Pineapple Chunks in Juice, Drain - reserve juice
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1/4 cup teriyaki sauce
- 1 Tbsp low-sodium soy sauce
- 8 oz Chicken breast, skinless, boneless, raw, Cut into bite sized chunks
- 1 bag Success Whole Grain Boil-in-Bag Brown Rice 2 tsp olive oil
- 1 cup sugar snap peas
- 1 cup canned water chestnuts, sliced or diced - drained

Instructions

Cube chicken and place in zip-top bag. Add garlic powder, ginger, teriyaki sauce, soy sauce and olive oil. Close bag and squish to combine. Let sit in refrigerator for 1 hour to overnight. You can even freeze until ready to prepare.

Microwave brown rice in bag according to directions.

Meanwhile, heat a large skillet and add entire contents of zip-top bag containing chicken to skillet.

Cook until chicken is cooked through. Add pineapple to skillet. Cook a few minutes then add juice to pan and reduce heat. Cook until sauce starts to thicken. Add water chestnuts and sugar snap peas.

When rice is finished, remove from microwave, open bag and add directly to skillet. Stir to combine and coat rice with sauce.

Serve immediately.